

CITY OF LOS ALTOS

JULY/AUGUST 2021

Spotlight

ADULT 50+ PROGRAM



City of Los Altos Recreation &
Community Services

(6 5 0) 9 4 7 - 2 7 9 7

**Parks
Make
Life
Better!**





COMMUNITY CENTER COMING SOON

Parks
Make
Life
Better!

TABLE OF CONTENTS

03	CALENDAR
06	CLASSES AND ACTIVITIES
09	SPECIAL EVENTS
13	WEBSITES
15	RESOURCES & SERVICES

SENIOR CONNECTION HOTLINE
Monday to Friday from 9AM-1PM
Call (650) 947-2797

July 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			¹ 1:30-2:30PM- <i>Xochitl</i> Senior Fitness 1-3PM- <i>Ellen</i> Tech Tutor (appt)	² 10-11AM- <i>Mike B.</i> Southern Africa & Madagascar
⁵ 9:15-10AM- <i>Vijay</i> Meditation 11AM- <i>Jack</i> Conversation Group	⁶ 1-2PM- <i>Richard</i> Line Dancing 1:30-2:30PM- <i>Xochitl</i> Senior Fitness	⁷ 9:30AM- <i>Lenora</i> ArtVenturers 10:30-11:30AM- <i>Kathleen</i> Tai Chi for Health	⁸ 1:30-2:30PM- <i>Xochitl</i> Senior Fitness	⁹ 10-11AM- <i>Mike B.</i> Southern Africa & Madagascar
¹² 9:15-10AM- <i>Vijay</i> Meditation 11AM- <i>Jack</i> Conversation Group	¹³ 1-2PM- <i>Richard</i> Line Dancing 1-3PM- <i>Ellen</i> Tech Tutor (appt) 1:30-2:30PM- <i>Xochitl</i> Senior Fitness	¹⁴ 9:30AM- <i>Lenora</i> ArtVenturers 10:30-11:30AM- <i>Kathleen</i> Tai Chi for Health	¹⁵ 11AM- <i>Hula with</i> <i>Susanne Leolani</i> <i>Fuller</i> 1-3PM- <i>Ellen</i> Tech Tutor (appt) 1:30-2:30PM- <i>Xochitl</i> Senior Fitness	¹⁶ 11AM-12PM- <i>Ben D.</i> Foreign Affairs
¹⁹ 9:15-10AM- <i>Vijay</i> Meditation 11AM- <i>Jack</i> Conversation Group	²⁰ 10AM-12PM- <i>Roy</i> HICAP (appt) 1-2PM- <i>Richard</i> Line Dancing 1-3PM- <i>Ellen</i> Tech Tutor (appt) 1-4PM- <i>Nancy</i> HICAP (appt) 1:30-2:30PM- <i>Xochitl</i> Senior Fitness	²¹ 9:30AM- <i>Lenora</i> ArtVenturers 10:30-11:30AM- <i>Kathleen</i> Tai Chi for Health 1PM- <i>Janet & Betsy's</i> Book Club	²² 1-3PM- <i>Ellen</i> Tech Tutor (appt) 1:30-2:30PM- <i>Xochitl</i> Senior Fitness	²³ 11AM-12PM- <i>Ben D.</i> Foreign Affairs
²⁶ 9:15-10AM- <i>Vijay</i> Meditation 11AM- <i>Jack</i> Conversation Group	²⁷ 1-2PM- <i>Richard</i> Line Dancing 1-3PM- <i>Ellen</i> Tech Tutor (appt) 1:30-2:30PM- <i>Xochitl</i> Senior Fitness	²⁸ 9:30AM- <i>Lenora</i> ArtVenturers 10:30-11:30AM- <i>Kathleen</i> Tai Chi for Health	²⁹ 1-3PM- <i>Ellen</i> Tech Tutor (appt) 1:30-2:30PM- <i>Xochitl</i> Senior Fitness	³⁰ 11AM-12PM- <i>Ben D.</i> Foreign Affairs

Legend

- Fee-Based Classes
- Free Classes
- Free Special Activities and Events
- Call for Appointment

NOTE: Calendars are not a comprehensive listing of all programs

August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:15-10AM- <i>Vijay</i> Meditation 11AM- <i>Jack</i> Conversation Group	3 1-2PM- <i>Richard</i> Line Dancing 1:30-2:30PM- <i>Xochitl</i> Senior Fitness	4 9:30AM- <i>Lenora</i> ArtVenturers 10:30-11:30AM- <i>Kathleen</i> Tai Chi for Health	5 1:30-2:30PM- <i>Xochitl</i> Senior Fitness	6 11AM-12PM- <i>Ben D.</i> Foreign Affairs
9 9:15-10AM- <i>Vijay</i> Meditation 11AM- <i>Jack</i> Conversation Group	10 1-3PM- <i>Ellen</i> Tech Tutor (appt) 1-2PM- <i>Richard</i> Line Dancing	11 9:30AM- <i>Lenora</i> ArtVenturers	12 1-3PM- <i>Ellen</i> Tech Tutor (appt)	13 11AM-12PM- <i>Ben D.</i> Foreign Affairs
16 9:15-10AM- <i>Vijay</i> Meditation 11AM- <i>Jack</i> Conversation Group	17 10AM-12PM- <i>Roy</i> HICAP (appt) 1-2PM- <i>Richard</i> Line Dancing 1-3PM- <i>Ellen</i> Tech Tutor (appt) 1-4PM- <i>Nancy</i> HICAP (appt)	18 9:30AM- <i>Lenora</i> ArtVenturers 1PM- <i>Janet & Betsy's</i> Book Club	19 11AM- CivicRec Registration Event 1-3PM- <i>Ellen</i> Tech Tutor (appt)	20 11AM-12PM- <i>Ben D.</i> Foreign Affairs
23 9:15-10AM- <i>Vijay</i> Meditation 11AM- <i>Jack</i> Conversation Group	24 1-2PM- <i>Richard</i> Line Dancing	25 9:30AM- <i>Lenora</i> ArtVenturers	26 12:00 Noon- Music Concert 1-3PM- <i>Ellen</i> Tech Tutor (appt)	27 11AM-12PM- <i>Ben D.</i> Foreign Affairs
30 9:15-10AM- <i>Vijay</i> Meditation 11AM- <i>Jack</i> Conversation Group	31 1-3PM- <i>Ellen</i> Tech Tutor (appt)			

Legend

- Fee-Based Classes
- Free Classes
- Free Special Activities and Events
- Call for Appointment

NOTE: Calendars are not a comprehensive listing of all programs

CITY OF LOS ALTOS

50+ RESIDENTS

Uber, Lyft, & Taxi
Reimbursement
Program

ON THE MOVE



RIDE CARE PROGRAM

Visit us at LosAltosRecreation.org

(650) 947-2797

**Parks
Make
Life
Better!**

CLASSES & ACTIVITIES

Line Dancing

6/15-8/24

TUE 1-2PM

FEE \$38 NON-RES: \$48

Tai Chi for Health

6/16-8/4

WED 10:30-11:30AM

FEE \$97 NON-RES \$115

Mike Blum Lecture Series

6/18-7/9

SOUTHERN AFRICA
& MADAGASCAR

FRI 10-11AM





**Foreign Affairs
with Ben Director**
FRI 11AM-12PM
VIA ZOOM

Dance Exercises

Videos for download
doctore02@yahoo.com

Book Club

EVERY 3RD WED 1PM
VIA ZOOM
jharpca@comcast.net

Artventurers

WED 9:30AM
VIA ZOOM
Lenora.valainis@gmail.com

Check ArtVenturers at
Caartventurers.blogspot.com

Senior Dance & Fun

6/15-8/5

TUE/THU 1:30-2:30PM

Virtual

Conversation Group

MON 11AM

VIA ZOOM

(650) 947-2797

Meditate with Vijay

MON 9:15-10AM

VIA ZOOM

vijaydhir59@gmail.com



SPECIAL EVENTS

TACO Fourth of July Orchestra Event

The Terrible Adult Chamber Orchestra of Silicon Valley (TACO) will perform Fanfare for the Common Man, Elgar's Nimrod Variation and a couple of John Philip Sousa marches.

Streams all day online and on KMVTV Channel 15.

Hula

Have some fun and light exercise while learning to dance Hula from home. Susanne Leolani Fuller presents a cultural extravaganza of Hula Dance where she shares the history and the moves of this beautiful artform. Enjoy the inspiration of this journey. Thursday, July 15th at 11AM.



Call the Adult 50+ Program at (650) 947-2797 to get the link for this exciting event!

ONLINE CIVICREC REGISTRATION EVENT

Thursday, August 19th 11AM

CIVICREC®



Learn how to register for classes, events, programs,
and facilities usage



(650) 947-2797
TO GET THE LINK

**Parks
Make
Life
Better!**

JOIN US FOR END OF SUMMER VIRTUAL CONCERT!!!

Enjoy an afternoon of smooth jazz
and pop music by local artists

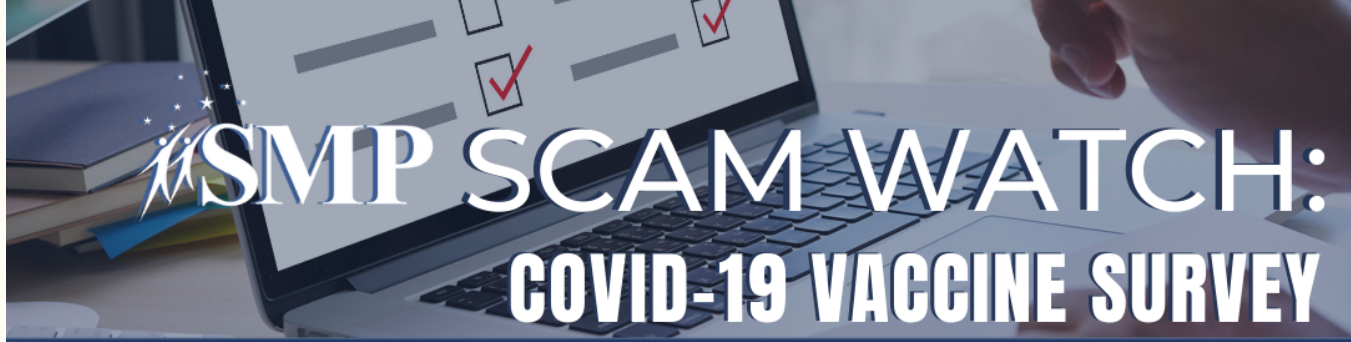
FREE TO ATTEND
THURSDAY AUGUST 26, 2021
12:00 NOON

Special Performance by
Michael Hatfield
featuring vocalist Pamela Rose

(650) 947-2797

Los Altos Community Foundation
The City of Los Altos Recreation & Community Services
Adult 50+ Program





Be on the Lookout for COVID-19 Survey Scams

- ☑ Legitimate surveys won't offer money, gifts, or any incentive to take them.
- ☑ Legitimate surveys won't include urgency such as "You must take this survey in the next hour or it will expire."
- ☑ Check links by hovering over them. If they seem long and suspicious, don't click them.
- ☑ Check logos, language, and phone numbers. If anything seems "doctored" or doesn't match what you see on a legitimate vaccine provider site, don't click any provided links.

**Contact the SMP to report Medicare fraud, errors, or abuse
at 877.808.2468 or at smpresource.org.**

***Climate
Change***



**View Lauren Weston, Acterra, [recording](#).
Passcode: t6x55c%=**

City of Los Altos Websites

Adult 50+ Program:

losaltosca.gov/recreation/page/adult-50-program

COVID-19 Resource Page:

losaltosca.gov/covid19

Virtual Recreation Center:

losaltosca.gov/recreation/page/virtual-recreation-center

Register for classes online:

losaltosca.gov/recreation/page/view-all-classes-0

Los Altos Hills Websites

Town Emergency Response Plan:

losaltoshills.ca.gov/496/COVID-19-Response-Plan

Virtual Recreation Resources:

losaltoshills.ca.gov/499/Virtual-Recreation-Resources

Fall/Winter Activity Guide:

losaltoshills.ca.gov/202/Activity-Guide

Submit Ideas:

srobustelli@losaltoshills.ca.gov

NOW HIRING CAN YOU KEEP UP WITH...

somewhat RAMBUNCTIOUS
often EXUBERANT
always ENERGETIC
DYNAMOS?

**PART-TIME RECREATION LEADER II
WORKING WITH OUR ADULT
& ADULT 50+ PROGRAMS**



**Parks
Make
Life
Better!**

Los Altos Recreation
& Community Services

LosAltosCa.gov/jobs

RESOURCES & SERVICES

HICAP

**Appointments Only
Phone counseling to
assist with your Medicare
questions and concerns.**

Every Third Tuesday

**Long-Term Consultation:
Roy Ito
10AM-12PM**

**Regular Consultation:
Nancy Lee
1-4PM**

(408) 350-3200, Option 2

Technology Resource Tutor

**Appointments Only
Zoom or Phone
Tue & Thur 1-3PM**

(650) 947-2797

Block Action Team (BAT)

**The BAT Program
strengthens our ability to
respond to disasters.**

**Contact Nadjia Jackson
info@losaltoscf.org**

(650) 949-5908



RoadRunners Transportation Service

El Camino Hospital Auxiliary volunteers. Transportation is provided to and from medical appointments, banks and grocery stores within a 10 mile radius of El Camino Hospital in Mountain View. Roadrunners can schedule your rides with LYFT if they are full.

Weekdays: 7:30AM-4PM

The last RoadRunners ride 3:30PM

(650) 940-7016

Helping Hands

Volunteers run errands in your community during COVID-19.

(855) 955-3353

Senior Services Program

Community Services Agency (CSA) is a non-profit organization that offers support for seniors.

(650) 810-2237

csacares.org



**Parks
Make
Life
Better!**SM

**City of Los Altos Recreation
& Community Services**

(6 5 0) 9 4 7 - 2 7 9 7

Los Altos Adult 50+ Program
City of Los Altos
1 North San Antonio Road
Los Altos, CA 94022

Change Service Requested



Email: recreation@losaltosca.gov

SPOTLIGHT NEWSLETTER

Los Altos Adult 50+ Program

